

FRONT & CENTER

JUNE 2011

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Police Benevolent Association Picnic

Friday, June 3 • 12 pm

Free

The Enfield Police Department would like to get to know the older adults in the community. They are sponsoring a picnic with free grilled hot dogs and hamburgers at Enfield Rotary Park at the Enfield Senior Center. Bring chairs along and enjoy an afternoon with these dedicated men and women. The Senior Center will sponsor entertainment by the Glastonbury Ukulele Band. Pick up a ticket in the Senior Center office.

Love to Line Dance Evening Party

Friday, June 10 • 5 - 8 pm

\$7 per person.

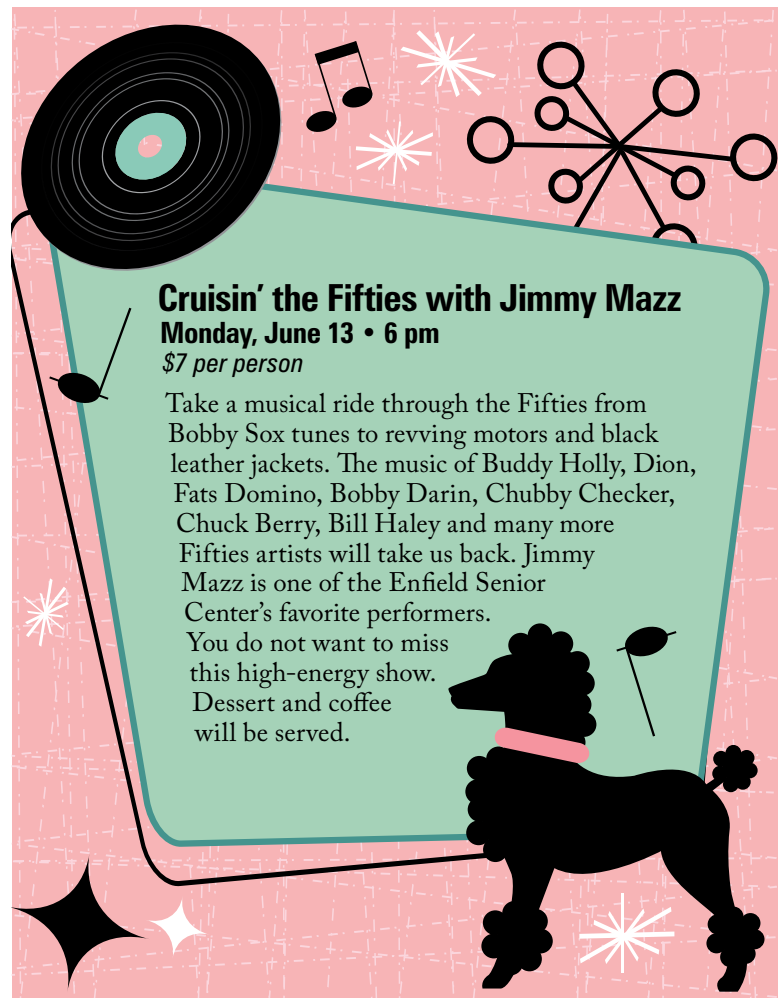
This special event is for all of the Line Dancers who want a fun evening out and for those who just can't make it during the day. Take a break at 6 p.m. for a sandwich, pasta salad, and cookie. Have a wild night of dancing!

Singles Dinner and Party

Friday, June 17 • 5 pm

\$14 per person.

All singles are invited for dinner, dancing, and fun. The served meal includes Breast of Chicken Parmesan, Penne Pasta with Olive Oil and Garlic, Fresh Seasonal Vegetables, Rolls, Chocolate Mousse and Coffee and Tea. Dance the Macarena, The Twist, The Electric Slide, YMCA and other fun dances. Single seniors from the area are invited to this first-of-its-kind event at the Enfield Senior Center. Meet new people, have a delicious meal, and have a great night.



Cruisin' the Fifties with Jimmy Mazz

Monday, June 13 • 6 pm
\$7 per person

Take a musical ride through the Fifties from Bobby Sox tunes to revving motors and black leather jackets. The music of Buddy Holly, Dion, Fats Domino, Bobby Darin, Chubby Checker, Chuck Berry, Bill Haley and many more Fifties artists will take us back. Jimmy Mazz is one of the Enfield Senior Center's favorite performers. You do not want to miss this high-energy show. Dessert and coffee will be served.

We'll do all the legwork... *...so you can love your legs again!*

Varicose and spider veins can now be treated quickly and effectively—without surgery and without downtime!

- EVLT has a 98% success rate for the relief of varicose veins without major surgery
- It's FDA-approved and uses targeted laser energy to seal the vein.
- We also use sclerotherapy for the safe, non-surgical treatment of spider veins.

Our vein treatment physicians are board-certified and among the most experienced in Connecticut. What's more, our helpful staff will provide assistance with insurance, or special financing if you don't have insurance.

Call 860-664-0794 for your consultation!
www.rahxray.com

RAH
RADIOLOGY ASSOCIATES of HARTFORD, P.C.





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First sign up day for July - August classes:

R Friday, June 10
Starting at 8:30 am

NR Friday, June 17
Starting at 8:30 am

Please bring a completed registration form and cash or a check payable to the Enfield Senior Center.

Registration policies:

- Registrations are taken in person beginning on the dates and times above.
 - No registrations are taken prior to the first sign-up date.
 - Only one registration per person is accepted on the first sign-up day.
 - Mail-in registrations are processed after those in person have been registered.
- Please do not send cash. A completed registration form must be included.

Refund policies:

- Refunds are made in full for those withdrawing before a class begins.
- Refunds are given for medical reasons, with a doctor's authorization, or if the Enfield Senior Center cancels the class.

ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: (860)763-7425

FAX (860)763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov

Click on Senior Center

HOURS: Office opens at 8:30 am

Monday -Thursday 8 am to 8 pm

Friday 8 am to 5 pm

SENIOR COMMUNITY CAFÉ..(860)763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

Main Office(860)763-7425

Arts & Crafts.....(860)763-7437

PRIME Fitness Room.....(860)272-3554

Meals on Wheels(860)763-0400

Dial-a-Ride(860)272-3545

A Unit of The National Council on the Aging

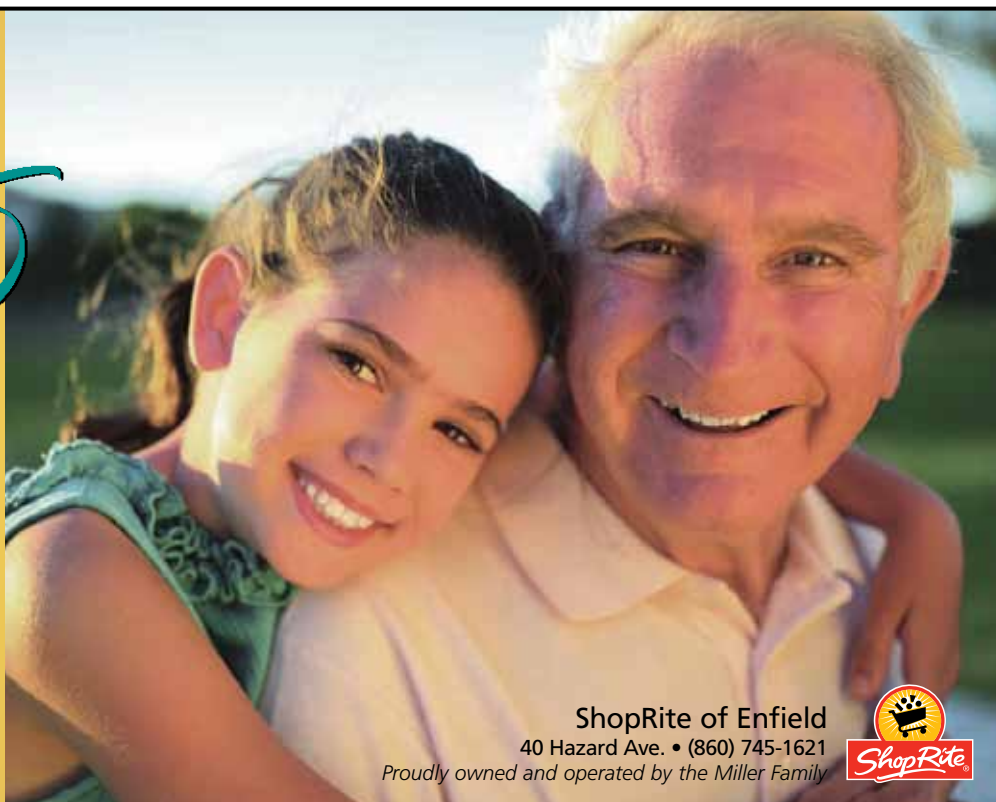


Celebrate...

Father's Day

A truly rich man
is one whose children
run into his arms when
his hands are empty.

- Unknown



ShopRite of Enfield

40 Hazard Ave. • (860) 745-1621

Proudly owned and operated by the Miller Family



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Upcoming Events

Summer Dinner Dance

Friday, July 15

Goldtones Summer Concert

Sunday, August 7

Crazy 'bout Patsy





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Ray and LuAnne



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offers or prior purchases.
Offer expires 6/30/11.

Dr. Susan Katsoulis
Doctor of Audiology

111 Hazard Ave • Enfield, CT

860-749-8252

4 Seminars

Please register in advance for all seminars in the Senior Center office or call 763-7425.

How to Start a Walking Program

Wednesday, June 1 • 1 pm

Sponsored by Home & Community Health Services

Presented by Jenny Hutchison, PT, DPT

Walking is one of the easiest, least expensive, and healthiest ways to stay fit. Come and discuss strategies for starting a consistent walking program based on current American Heart Association recommendations. All abilities are welcome.

Healthy Choices for Summer Eating

Wednesday, June 8 • 1 pm

Sponsored by Masonicare Partners Home Health & Hospice

Presented by Dietician Vicky Porter

Taste the summer with a healthy food sampling and learn about the best choices for healthy living.

Important Resources and Root Beer Floats

Wednesday, June 15 • 1 pm

Sponsored by a Team of Professionals

A Team of Professionals who specialize in assisting seniors with the challenges of aging and potential need for long term care. Professionals from fields of Financial Planning, Long Term Care Insurance, Health Plans, Estate and Long Term Care Planning, Elder Law, Home Care Services, Geriatric

Care Management, Reverse Mortgage, Accounting and Investment Services, Realtor Services, and Management and Organizational Services will provide information and answers to questions. Enjoy a root beer float and learn about many topics.

Nutrition for Older Adults

Thursday, June 16 • 7 pm

Presented by Rohini Becheri, MD, Geriatric Medicine, and Charlotte Meucci, RD, CD-N
Sponsored by Hartford Hospital

Learn how medication, disease and food absorption can impact nutrition, as well as, how to obtain appropriate nutrients through good nutrition.

Greatest Financial Dangers Retirees Face

Wednesday, June 22 • 1 pm

Presented by John Dee, President, Wealth Preservation Group, Inc

Find out how to build a bridge to safely guide your assets to your loved ones avoiding Probate Court, nursing home spend down and unnecessary taxes. This is a broad overview of many estate planning topics that you won't want to miss.

Cholesterol Myths and Heart Health

Wednesday, June 8 • 5:30 – 7:30 pm

Join naturopathic physician Dr. Chris Decker for a fascinating evening exploring the growing

body of evidence that seriously questions what has been dubbed the "cholesterol myths" – and how to achieve true heart health.

Diabetes and Naturopathic Medicine

Wednesday, June 22 • 5:30 – 7:30 pm

Naturopathic physician Dr. Chris Decker delivers an illuminating discussion on how to beneficially affect Type 2 Diabetes and simple sugar craving with the readily available tools of naturopathic medicine.

Alzheimer's Caregiver Course

The Alzheimer's Association Connecticut Chapter will host a Four Part Caregiver Course on Mondays, July 11, 18, 25, and August 1 from 6 to 8 p.m. This free event for caregivers will be held at Enfield Senior Center.

The topics covered each week:

- July 11, overview of Alzheimer's disease and dementia
- July 18, Communication Techniques, identification of behavioral challenges, and maintaining a safe environment
- July 25, Family dynamics, keeping the caregiver healthy and community resources
- August 1, Legal and Financial Issues

The event is open to caregivers of individuals with memory loss. For more information or to register call our 24 hour help line at 1-800-356-5502.

Learn how to protect your assets from long term care costs *even without* long term care insurance

Call for a Free consultation and Free report today!

1-800-679-2771

WEALTH PRESERVATION GROUP, INC.
Working to Preserve Your Wealth



John G. Dee, President
*Estate Planning
Protecting Assets from Nursing Home Costs
High Yield Principal Protected Accounts*

111 Hazard Avenue, Enfield

Conveniently located next to the Country Diner in the Enfield Orthopedic Building

Central Physical Therapy, Inc.

Getting older doesn't have to come with aches, pains and physical limitations, not when help is so easily available.



Marc D. Cutler,
RPT, CEAS/Clinic Manager

1379 Enfield Street, Enfield, CT 06082

Initial appointment made within **24 hours**

Call **TODAY** to schedule your appointment at **(860)741-0363**

Fax referrals to (860) 741-0374

We accept all major insurances

"Leader in Rehabilitation Services Since 1996"

Movie & Popcorn Night Elizabeth Taylor Tribute

National Velvet

Monday, June 6 • 6 pm



\$2 per person

National Velvet is a classic family film which made a star of twelve-year old Elizabeth Taylor in the role of spunky "Velvet" Brown. She is a girl who's determined to enter her horse, "Pie" in the Grand National Steeplechase. Micky Rooney co-stars.

Tea with Eleanor Roosevelt



Third Grade Reading Day



Movie & Burger Night

True Grit

Monday, June 20 • 5 pm

\$5 per person with dinner



\$2 per person movie only (Begins at 6 pm)

Fourteen-year-old Mattie Ross joins an aging U.S. marshal and another lawman in tracking her father's killer into hostile Indian territory. Stars Jeff Bridges and Matt Damon.

Senior Lifestyle Expo



Did You Know?

Did you know that weight training for osteoporosis -- not just walking or doing aerobics, but lifting weights -- can help protect your bones and prevent osteoporosis-related fractures? Studies show that strength training over a period of time can help prevent bone loss -- and may even help build new bone. Make sure to talk to your doctor and a physical trainer to help you find your exercise limitations.

For more information go to: <http://www.webmd.com/osteoporosis/living-with-osteoporosis-7/default.htm>



The best in retirement living is now even more affordable.

Quail Run Estates makes retirement living simple and enjoyable by taking care of life's daily details. Visit today for a complimentary tour and learn about our **limited-time** move-in specials currently available. **Welcome to Holiday. Welcome home.**

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HOLIDAY
RETIREMENT

Quail Run Estates

Independent Retirement Living

50 Cardinal Drive, Agawam, MA 01001

413-786-9688 | quailrunestates.com

6 AARP, Clubs & Groups

AARP Chapter 3062 Meeting
Thursday, June 2 • 12:00 pm
Installation of Officers - To be held
at Grassmere Country Club

Monthly Potluck Supper
Wednesday, June 8 • 5:30 pm

PRESIDENT: Evie Wheat 860-745-3856
TRIPS: Evelyn Lesniak 860-749-8798
Stacia Lesniak 860-749-3714



Armchair Birders
Thursday, June 9 • 6 pm

Exchange feeding tips, get help identifying the birds at your feeder and birds you might see locally, and enjoy the camaraderie of fellow wildlife enthusiasts.

Book Discussion Group
Tuesday, June 21 • 5 pm

The June book is *City of Thieves* by David Berioff. Books are placed on reserve at the Enfield Public Library and are available the first week of any

given month. Please return books the day after the book discussion meeting.

Current Events Discussion Group
Mondays, June 13 and June 27 • 2:30 pm

Join our group for lively discussions of world events. New members always welcome.

Enfield Single Seniors
Wednesday, June 15 • 6 pm

Join us in the Senior Center Dining Room for socialization, outings, icebreakers and just plain fun. *For information, call Ben Perreault, Coordinator 860-745-4261.*

Goldtones Choral Group
Thursdays • 10 am

Lend your voice to this friendly group. Throughout the year the group entertains at area nursing homes and senior centers and presents concerts at the Enfield Senior Center.

Investment Club
Thursdays, June 9 and June 23 • 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only.

Italian Conversation Group
Fridays • 9:30 am

Talk about Italy, practice your Italian, or just

have a cup of coffee with some friendly Italian speakers. No need to register, just stop by.

Polish Conversation Group
Thursday, June 16 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage.

Train Club
Tuesday, June 28 • 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains.



BICKFORD HEALTH CARE CENTER

Fourteen Main Street, Windsor Locks, CT 06096

www.bickfordhealthcarecenter.com

☎ 860-623-4351 ☎

Services:

Skilled Nursing Services, Short Term Rehab,
IV Therapy, Physical Therapy,
Occupational Therapy, Speech Therapy



Bickford Outpatient Therapy Clinic

Specializing in therapy for knee & hip replacements, victims of stroke, swallowing disorders, falling & dizziness, injury, and post surgery care. ☎ Please call for a free screening 860-716-2880 ☎



Ask the Lawyer

Wednesday, June 29 • 10 am - Noon

Attorneys Marcia Hess and Neil Kraner will be available for 15 minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Make an appointment by calling the Senior Center office. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

Bingo

The Tuesday evenings games begin at 6:30! Play a \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all weekly progressive up to \$2000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available at intermission. Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services.

Tuesday Night Bingo Supper 5 - 6 pm

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

Community Café

Weekdays at Noon

Reservations: Call 860-763-7428 by noon the day before and leave message.

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus available in the Senior Center lobby and on our website. Suggested donation is \$2 and you must be age 60 or over.

CT Department of Social Services Assistance

**5 N. Main Street, Enfield
860-253-9024 X 2272**

An eligibility services supervisor is now located at the Mary Lou Strom Primary Care Center in Enfield on Mondays from 8:30 a.m. to 4 p.m. to offer help with all state assistance programs. Call for an appointment.

Dial-a-Ride

Enfield Senior Center • 860-272-3545

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Driver Safety Classes

Thursday, June 23 • 1:30 – 5:30 pm

AARP sponsors monthly driver safety classes at the Enfield Senior Center. The cost is \$12 for AARP members and \$14 for non-members of AARP. Please register by calling 860-763-7425 and bring a check payable to AARP on that day.

Enfield Adult Day Center

1A Beech Road, Enfield • 860-763-7538

The Town of Enfield Adult Day Center is a "Home away from Home" for your loved one. As a certified medical model we offer assistance with medication administration, personal care, socialization, exercise, entertainment and hot meals. We have a dedicated staff of Certified Nursing Assistants, Registered Nurses, Therapeutic Recreation Director, and a Social Worker. Call or visit for more information.

Enfield Grandparents Raising Grandchildren Support Group

Family Resource Center • 860-253-5144
Sponsored by the Commission on Aging and Alcorn Family Resource Center

Each fall, a six-week series is offered, followed by a monthly support group. Meetings are held in the evening and dinner is provided, as well as child care and activities for the children.

Enfield Housing Authority 860-745-7493

Information about elderly and subsidized housing.

Food Shelf

96 Alden Avenue, Enfield • 860-741-7321

Food supplies for those in need. Donations welcomed at the Food Shelf or leave non-perishables at the Senior Center during our regular hours.

Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was

organized to raise funds in support of the Enfield Senior Center. Members sponsor the Senior Lifestyle Expo in the spring, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A very large portion of their funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

ITN North Central Connecticut 860-758-7833

Learn about alternative transportation for seniors and visually impaired adults.

Little Treasures Gift Shop

Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and treasures.

Loaves and Fishes Soup Kitchen 860-741-0226

St. Andrew's Church, 28 Prospect St

Free meals served Sunday to Friday, 4 - 5 p.m., and Saturday 11 a.m. - Noon. For more information visit www.enfieldloavesandfishes.com.

Meals on Wheels

**Office at Enfield Senior Center
860-763-0400 - leave message**

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance Fridays • 9 - 11 am by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance and Part D and assist with filing and processing claims.

Neighborhood Services

860-253-6396 • 100 High Street, Enfield

Help with all entitlement programs.

8 Ongoing Programs

This Newsletter was Sponsored by:



PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bridge Drop in for contract bridge.	Tuesdays & Thursdays	12:30-3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1-3 pm
Friday Afternoon Dominoes Please bring your own set of dominoes and join others for a fun game.	Last Friday of the month	1 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Hand & Foot No need to register. Just drop in.	Thursdays	12:45 pm
Mahjong All levels welcome.	Wednesdays	1-3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. & Fri.	12:45 - 4 pm
Setback Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling - We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm
ONGOING ARTS & CRAFTS – PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Craft Fair Crafters Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited-sewers, knitters, painters, crafters, gluers - beginner or advanced.	Mondays	9:30 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9-11 am
Heritage Group This group works on sewing, knitting, crocheting and craft projects throughout the year. Craftspeople of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

If you're over 50 or have osteoporosis, it's important that you don't ignore your back pain. It may signal a spinal fracture. See your doctor right away if you think you may have one.

Spinal fractures can be repaired if diagnosed.

KYPHON® Balloon Kyphoplasty is a minimally invasive treatment for spinal fractures that can correct vertebral body deformity, reduce pain and improve patient quality of life.



before



balloon kyphoplasty



after

For more information on Balloon Kyphoplasty or to find a local physician performing the procedure, call (877) 815-2618 or visit www.kyphon.com

Although the complication rate with KYPHON® Balloon Kyphoplasty has been demonstrated to be low, as with most surgical procedures, there are risks associated with the procedure, including serious complications. This procedure is not for everyone. A prescription is required. Please consult your physician for a full discussion of risks and whether this procedure is right for you.
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MEDTRONIC
Spinal and Biologics Business
1221 Crossman Avenue
Sunnyvale, CA 94089 USA
Tel: (408) 548-6500

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TAKE CHARGE

Don't turn your back on back pain.



Dining Out Around Town

****All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire June 30, 2011 unless otherwise noted.**

9

Mama Miro's
Pizzeria Restaurant

Buy One Breakfast & get the 2nd breakfast of equal or lesser value
1/2 OFF!

Saturday Only • Expires 6/30/2011
Cannot be combined with any other offer or special.

117 Hazard Avenue, Enfield
M-Th 11am-10pm • F-Sat 11am-11pm

Mama Miro's
Pizzeria Restaurant

FREE Cup of Soup w/\$5.00 purchase or more

Expires 6/30/2011
Cannot be combined with any other offer or special.

117 Hazard Avenue, Enfield
M-Th 11am-10pm • F-Sat 11am-11pm

Sofia's
ITALIAN RESTAURANT

10% OFF
SENIOR CITIZEN DISCOUNT

Junction of Rt. 5 & 140
East Windsor, CT 06088
860-623-9477
www.sofiasrestaurant.com
Offer good for seniors only
Cannot be combined with any other offer
Dine-In-Only
Offer expires 6/30/11

DUNKIN' DONUTS
AMERICA RUNS ON DUNKIN'®

FREE DONUT
With the purchase of medium or large coffee

Offer valid at all Enfield Locations.
Cannot be combined with any other offer.
One coupon per visit. Expires: 6/30/2011

www.dunkindonuts.com

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\$7.00 Lunch Menu
Serving lunch & dinner 7-days a week

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\$6.99

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54 Hazard Avenue, Enfield • No Deliver
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DEEP DISH EXTRA
Offer Valid Sunday-Saturday
Expires 6/30/11

MOLINA'S CAFE

\$1.50 OFF
Your Check of \$6.00 or more,
\$3.00 OFF
Your check of \$12.00 or more

One coupon per bill/ Cannot be combined with other offers. Expires 6/30/2011

95 High Street • Enfield, CT
860-741-0108
Monday-Friday from 6am-2pm

ZANTO
PIZZA • PASTA
Salads • Sandwiches

PIZZA • SALADS • SANDWICHES
634 Enfield Street

\$5.00 OFF
Any Purchase
\$8 minimum purchase

FREE DELIVERY
860-741-7778

Offer valid everyday thru 6/30/2011

Wendy's
You know when it's real.™

We have more than
10 ITEMS
UNDER \$1.39!

THE COUNTRY DINER

Senior Discount
10% OFF

One coupon per bill/ Cannot be combined with other offers. Expires 6/30/2011

111 HAZARD AVENUE, ENFIELD

RED ROBIN
GOURMET BURGERS

\$3.00 OFF
with Purchase of an Adult Meal & Beverage

Cannot be combined with any other offer or special. Limit one coupon. Must present coupon. Expires 6/30/11. Dine-in only.

15 Hazard Avenue, Enfield
860-741-7003

BURGER KING

FREE SANDWICH

Purchase any sandwich and get 2nd sandwich of equal or lesser value free.

at Enfield, East Windsor, Windsor Locks locations
Expires June 30, 2011

the WHOLE DONUT

FREE DONUT
with purchase

Expires 6/30/11
920 Enfield Street
309 Hazard Avenue

Super Coupon
All Shoppers Must Present This Coupon To Receive Discount

5% SENIOR DISCOUNT
When You Spend \$25.00 or More.

Valid Every Tuesday!
Tuesday Only
Must be 65 Years or Older.

With this coupon, and additional purchase of \$25.00 or more (Excluding fuel and items prohibited by law). Limit one per family. Good at any ShopRite.
Effective thru Tuesday, June 30, 2011.

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Health solutions

Have your prescriptions delivered
FREE to Your Home!

Recipient of Exceptional Senior Friendly Award from the Town of Enfield Commission on Aging, July 6, 2009

Hours of operation: Mon-Fri 9:00-6:00pm Sat: 9:00-1:00pm • **860-749-3824**

FREE GIFT
\$5.00 Value
with any new prescription delivery
Expires 6/30/2011



- Easy prescription transfer
- Free Phone Consultation
- All major insurances accepted
- All medications including Over-the-Counter available

10 Clinics, Screenings & Support

This Newsletter was Sponsored by:



Bereavement Support

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss. Call 860-763-7600 to sign up or obtain more information.

Blood Pressure Screenings

Wednesdays • 11 am - Noon

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. No appointment needed, just stop in.

Blood Pressure Screenings - Evenings

Wednesday, June 8 • 5 - 6 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Diabetes Support Group

Thursday, June 9 • 1 - 2 pm

Sponsored by Visiting Nurse & Health Services of CT.

If you or a loved one live with Diabetes and are looking for encouragement and a sharing of experiences from others who manage this condition, then please join us. We meet the second Thursday of every month.



Foot Care Clinic

Friday, June 10 • 8:30 am - 3 pm

by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$28. Home visits available for homebound seniors.

Foot Care Clinic - Evenings

Wednesday, June 15 • 1 - 7:30 pm

by appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$28.

Hearing Loss Support Group

Monday, June 27 • 9:30 am

Many people experience hearing loss, and until you go through it, you do not know the profound effect it has on your life. Join others who are dealing with this issue. Please register in the office.



Hearing Screening

Friday, June 3 • 12:30 - 3 pm

Call 860-763-7425 for appointment

Free screening performed by the Hear Again Center on the first Friday of every month.

Ostomy Support Group

Thursday, June 2 • 1 pm

Sponsored by Visiting Nurse & Health Services of CT

Wound care nurse, Lynn Kisner will facilitate this monthly group. Please call the Senior Center if you would like to attend.

Stroke Support Group

Tuesday, June 14 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT. If you have any questions, please call: Sandie Pino, MSW, LCSW. Visiting Nurse & Health Services of CT - 860-872-9163.

T.O.P.S.

Wednesdays • 1:30 - 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.



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Sunday Brunch Cruise on the Lady Katharine's ship Mystique June 12, 2011

Sunday Brunch Cruise on the Lady Katharine's ship Mystique - Enjoy 2 ½ hours cruising the CT river while enjoying a delicious brunch buffet, live entertainment and scenic vistas. Brunch includes everything from delicious breakfast pastries to an Omelet and Egg Station, Pancakes, Ham, Pork Loin, Beef Tenderloin, Baked Filet of Sole to Stuffed Breast of Chicken and elegant desserts. Gourmet dining, five-star service and breathtaking river views will offer you a wonderful day on the Connecticut River. The day doesn't end when you depart the ship. On the way home, we'll stop at Cabela's Outdoor store in East Hartford. Cost is \$104 per person. Departure time: 9:30 a.m. Return time: 5 p.m. **THE DEPARTURE TIME FOR THIS TRIP HAS BEEN CHANGED TO 9:30 A.M.**

Boston Pops @ Tanglewood July 17, 2011

Enjoy a matinee performance of the Boston Pops at the famous Tanglewood Theatre in the Berkshires. Keith Lockhart will be conducting a special tribute to the great Cole Porter with two of Broadway's acclaimed stars, Kelli O'Hara, nominated for 3 Tony Awards, and Jason Daniele, who has been called "The most exquisite tenor on Broadway". Prior to the afternoon performance, enjoy a delicious Brunch Buffet at the Cranwell Resort, the only Four Diamond Resort in the Berkshires, located high on a hilltop with breathtaking views. Cost is \$128 per person. Departure time: 10:00 a.m., Return time: 6:30 p.m.

"Block Island Breeze" - June 28, 2011

One of the best-kept secrets in the travel industry is Block Island! This rustic and pristine island was rated one of the 12 best unspoiled areas in the Western Hemisphere. Our ferry ride to Block Island will depart from Point Judith, RI. Block Island is noted for its great beaches, wild flowers, historic lighthouses and miles of stone walls and rolling terrain. Block Island evokes memories of a simpler life in New England. Upon arrival on the Island you will board a local sightseeing bus to discover the special appeal of a community that has chosen to preserve the best of its natural history. We'll visit the twin guardians of the Southeast Light and North Light, the majestic 200 foot Mohegan Bluffs, the rare birds that call Great Salt Pond home, and the ancient stone walls with their rambling roses. Following your tour, it's a short stroll to the National Hotel, a beautifully restored Victorian hotel centrally located in Old Harbor. Cost: \$111 per person. Departure Time: 6:30 a.m. Return Time: 7:30 p.m.

Connecticut Lighthouse Cruise -

August 2, 2011 - You'll marvel at the sight of historic lighthouses on this popular 5-hour cruise that abounds with interesting facts and history of the various lighthouses and their surrounding areas. You'll view 11 lighthouses including the Pequot, New London Ledge, Latimer Reef, Race Rock, Little Gull, Orient Point, Plum Island, Saybrook Point and others. You'll travel aboard the 100 foot Sunbeam Express which has spacious decks

for excellent viewing and an enclosed heated cabin with comfortable seats and restrooms. There is also a galley on board for your beverage needs. An early dinner is included at Captain Scott's Lobster Dock after an afternoon of cruising. Cost is: \$115 per person. Departure time: 8:00 a.m. Return time: 6:00 p.m. Sign up date is June 3, 10-11 am and after as spaces remain.

"Off to the Races" Saratoga Thoroughbred Racing August 18, 2011

Each August, since 1864, Saratoga has become the "Horse Racing Capital of the Nation" as the fastest thoroughbreds race on this historic track. You'll enjoy a reserved seat as the racing begins at 1 p.m. After you collect your winnings, we'll depart Saratoga to Albany for a relaxing sit-down dinner at Grandma's Country Kitchen where you'll enjoy Granny's home-made recipes. Cost is: \$87 per person. Departure time: 8:30 a.m. Return time: 9:00 p.m. Sign up date is June 17, 10-11 a.m. and after as spaces remain.

3-day "Niagara Falls Adventure", Canada. October 4-6, 2011 - Cost is \$399 pp/dbl occupancy. Departure time: 7:15 a.m. Return time: 8:00 p.m. Don't wait; make your reservation soon, as this trip is filling fast!

6-day trip "Great Trains & Grand Canyons, October 23-28, 2011 - Join us for an exciting adventure west to Sedona, Arizona where you'll take two rail journeys on the Grand Canyon Railway and the Verde Canyon Railroad. We'll visit the South Rim of Grand Canyon Nat'l Park, Oak Creek Canyon, Chapel of the Holy Cross, Montezuma Castle Nat'l Monument and many other sites. Cost is \$2265 per person/dbl. occupancy

4-day Washington, DC trip - November 10-13, 2011 - Cost is \$529 pp/dbl occupancy. Departure time: 7:00 a.m. Return time: Early evening.

2-day trip to "Sweet Little Hershey", Hershey, PA - December 5-6, 2011 - Cost is \$299 pp/dbl occupancy. Departure time: 7:00 a.m. Return time: 8:45 p.m.

2012 Hawaiian Island's Cruise Norwegian Cruise Line - January 19-29, 2012 - Trip Flyers are available at the Enfield Senior Center. Honolulu, Oahu, Kahului, Maui, Hilo & Kona Hawaii, Nawiliwili, Kauai. \$3599/pp., Inside Cabin/Dbl.

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Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

PRIME Fitness Center

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Friday • 8 am - 4:30 pm

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have.

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule.
\$25 for a month
\$60 for 3 months
\$100 for 6 months
\$150 for a year – Half the cost of a monthly membership!

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- One hour individualized program design consultation
 - Training on all machines
 - Program supervision and supervised workout
 - Optional Fitness Assessment
- To schedule an appointment with a Fitness Assistant or for an answer to any questions, call (860)272-3554.*

Chair Exercises

Mon, Wed & Friday • 11 am - Noon
Free

No Chair Exercises on Friday, June 10.

Improve flexibility, coordination & stamina.



Jan's Exercise

Mon. Wed. & Fri. • 9 - 10 am

June 1 - 29

1-day 5 classes
R \$18 NR \$24

2-day 10 classes
R \$30 NR \$40

3-day 13 classes
R \$36 NR \$48

July 1 - 29

1-day 5 classes
R \$18 NR \$24

2-day 9 classes
R \$27 NR \$36

3-day 12 classes
R \$33 NR \$44

No classes on Monday, July 4

August 1 - 31

1-day 5 classes
R \$18 NR \$24

2-day 10 classes
R \$30 NR \$40

3-day 14 classes
R \$39 NR \$52

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.



Line Dancing

Mondays • 1 - 2 pm

Jul 11 – Aug 29 8 classes
R \$24 NR \$32

Learn to dance and have fun.

Pilates

Thursdays • 4:45 - 5:45 pm

Jul 7 – Aug 25 8 weeks
R \$24 NR \$32

Simply Stretch & Strengthen with Lynne

Mondays • 10:30 - 11:30 am

Jul 11 – Aug 29 8 classes
R \$24 NR \$32

Fridays • 10:30 - 11:30 am

Jul 1 – Aug 26 8 classes
R \$24 NR \$32

No class on Friday, August 5.

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor. Stretch and strengthen in this enjoyable yoga class.

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Stretch, Roll & Strengthen with Dan

Tuesdays • 10:30 - 11:30 am

Jul 5 – Aug 30 9 classes

R \$27 **NR** \$36

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.

Tai Chi

Tuesdays • 8:45 - 9:45 am

Jul 5 – Aug 23 8 classes

R \$24 **NR** \$32

Continue your practice over the summer in this class suitable for all levels.

Tai Chi – Introduction

Wednesdays • 4 - 5 pm

Jun 1 – Jul 20 8 classes

R \$24 **NR** \$32

This class is designed for the person who has never taken Tai Chi before.

Yoga – Chair and Standing

Tuesdays • 11 am - 12 pm

Jul 5 – Aug 30 9 classes

R \$27 **NR** \$36

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

Yoga – All Levels

Tuesdays • 9 - 10 am

Jul 5 – Aug 30 9 classes

R \$27 **NR** \$36

Tuesdays • 10 - 11 am

Jul 5 – Aug 30 9 classes

R \$27 **NR** \$36

Thursdays 6 - 7 pm

Jul 7 – Aug 25 8 classes

R \$24 **NR** \$32

This class is for active adults who want to incorporate mat work on the floor into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.

Zumba Gold

NEW! Mondays • 5:30 - 6:30 pm

Jul 11 – Aug 29 8 classes

R \$32 **NR** \$40

Wednesdays • 10:30 - 11:30 am

Jul 13 – Aug 31 8 classes

R \$36 **NR** \$45

Wednesdays • 6 - 7 pm

Jul 6 – Aug 31 9 classes

R \$36 **NR** \$45

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

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14 Arts, Crafts, & Recreation



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

Card Making

Fridays • 9:30 - 11:30 am

June 10 & 242 classes

R \$8 **NR** \$10

July 221 class

R \$4 **NR** \$5

August 261 class

R \$4 **NR** \$5

We'll make the following: June 10 – What's Cookin?; June 24 – Thinking of You; July 22 – Christmas in July; and August 26 – Summer Fun
Only 1 class each in July and August

Cards with Valorie

Mondays • 6 - 8 pm

June 13 & 272 classes

R \$6 **NR** \$8

July 11 & 25

R \$6 **NR** \$8

August 8 & 22

R \$6 **NR** \$8

Join us to create handmade greeting cards using rubber stamps and embellishments. There is a special project for each class and you will complete four cards with envelopes in each class. Supply cost of \$4 per class payable to instructor.

Ceramics

Thursdays • 9 am - Noon

June 2 – 305 classes

R \$20 **NR** \$25

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra.

Jewelry - Mornings

Friday • 9:30 - 11:30 am

June 17, July 15 and August 19

R \$4 **NR** \$5

You may register for individual classes

Jewelry - Evenings

Thursday • 5:30 - 7:30 pm

June 16, July 14 and August 18

R \$4 **NR** \$5

You may register for individual classes
Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads.

Jewelry Workshop

Thursday • 1:30 - 7:30 pm

July 141 class

R \$8 **NR** \$9

Class fee includes pizza & beverage
Spend the afternoon and evening relaxing and crafting beautiful one-of-a-kind jewelry pieces to give as gifts or to treat yourself.

Make It & Take It

Scrapbook Page

Tuesday • 1:30 - 3:30 pm

June 21, July 19 and August 16

R \$3 **NR** \$4

Create pages to showcase special photos. Different themes and techniques will be used.

Painting Studio

Friday, August 5 • 12:30 - 4:00 pm

No Fee

The Painting Studio welcomes those who have not painted for years or tired of painting alone and would feel inspired by painting with others, whether it be oils, acrylics or water colors. You will need to bring all your supplies (easels are available). There will be no instructor – only painting with your fellow artists. If interested please contact Nancy at 763-7437.

Scrapbook Crop

Tuesday • 1:30 - 4 pm

June 7 and August 2

R \$3 **NR** \$4

You may register for individual classes.

Join us to share ideas, organize your photos and get them into your scrapbooks.

No class in July

Scrapbook & Card Making Workshop

Friday, June 3 • 9 am - 3 pm

\$5 per person

Bring your supplies and join us for an all-day scrapbook and card making workshop. Finish up your holiday cards or scrappin' your backlog of photos. Some tools will be provided to share. Get your ticket early to guarantee a seat, as space is limited. Fee includes continental breakfast. Tickets available in office.

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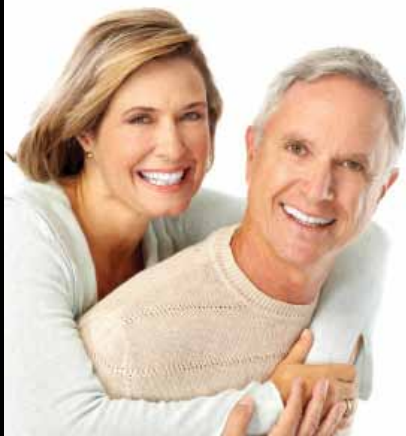
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- Endodontics
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- Immediate Emergency Dental Care

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Cutting and Pasting from the Internet

Tuesday, June 21 • 1 - 3 pm.....1 class

R \$3 **NR** \$4

If you have seen a poem or picture on the Internet that does not have a copyright, you can cut it and paste it to a document without printing it and retyping. You can do this with recipes, information, quotes and many other things. Learn how to use the easy tool.

Internet

Thursdays • 1 - 3 pm

June 9 – June 30 4 classes

R \$12 **NR** \$16

Learn to navigate the web, search for information, and use message boards, chat rooms, & instant messaging. Learn to save favorite web addresses, forward & organize messages, and download & save internet files. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience*

Basic Photoshop Editing

Mondays, 10 am - 12 pm

June 6 – June 20..... 3 classes

R \$9 **NR** \$12

Learn how to import photos for editing including scanning, downloading from your camera, or saving photos from the internet or e-mails. Use framing straightening, cropping and resizing and fix red eye, enhance contrast, brightening, and skin tone correction. *Prerequisite: Beyond Basic Computers or equivalent computer experience.*

How to Back Up Your Computer

Monday, June 6 • 1 - 3 pm..... 1 class

R \$3 **NR** \$4

You have downloaded precious photos onto your computer. You may keep financial records, health records or important documents too. What happens if the computer crashes? Learn how to back up files on CDs, DVDs, flash drives, external hard drives, or online.



Beyond Basic Computer Skills

Tuesday • 1 - 3 pm

June 28 - August 16 8 classes

R \$24 **NR** \$32

After learning the basics, this class will go further to give you a fundamental understanding of Windows, Word, the Internet and e-mail usage. *Prerequisite: Basic Computer Skills or equivalent computer experience.*

Computer Help Open Session

Wednesdays • 8 - 10 am

Free

Maybe you are taking a class and need practice or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. Everyone is welcome! No registration is necessary.

Introduction to Picasa for Photos

Monday, June 13 • 1 - 3 pm.....1 class

R \$3 **NR** \$4

Picasa is a free product that is rated one of the top photo management products. Learn how to find and organize your photos and do basic editing using Picasa and MS Paint. Must have some computer experience.



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